

Spoon Bread

Makes: 6 Servings

Spoon bread is a traditional southern dish made with grits, a corn based grain. It is soft-baked bread meant to be eaten with a spoon. We use low-fat milk to make the recipe healthier.

Ingredients

- nonstick cooking spray
- 1 tablespoon** margarine
- 2** eggs (beaten)
- 1 cup** white grits (cooked)
- 1 cup** low-fat milk
- 1/2 cup** cornmeal
- 1/2 teaspoon** salt

Directions

1. Preheat oven to 350 degrees F and spray an 8x8-inch baking dish with nonstick cooking spray.
2. Combine margarine, eggs, and cooked grits in a medium bowl.
3. Stir in milk slowly, and then add cornmeal and salt. The batter should be thick, like a pudding. (Add more milk if the batter becomes too thick.) Pour into baking dish.
4. Bake for 35 to 45 minutes or until golden brown. Serve hot.

Notes

Nutrition Information	
Nutrients	Amount
Calories	140
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	75 mg
Sodium	240 mg
Total Carbohydrate	18 g
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	5 g
Vitamin D	N/A
Calcium	60 mg
Iron	1 mg
Potassium	N/A
N/A - data is not available	

Tip: Spoon bread is a traditional southern dish; it is a soft-baked bread meant to be eaten with a spoon.

Source: Recipe adapted from Food.com